Monday

- 8:15 Strength Training
- 9:00 Fitness Class
- 10:00 Round Dance Class
- 12:30 Party Bridge
- 12:30 Healing Hearts
- 12:30 Monday Bingo
- 12:30 Monday Movie Matinee

Tuesday

- 9:45 Ballroom Dance Class
- 12:30 Ballroom Dance Practice
- 12:30 Chickenfoot Dominoes
- 12:30 Canasta

Wednesday

- 8:15 Strength Training
- 8:30 Manicures & Pedicures
- 8:30 Advanced Line Dance
- 9:00 Fitness Class
- 9:30 Beginning Line Dance
- 10:30 Intermediate Line Dance
- 12:00+ Legal Aid Appointments (second week)
- 12:30 Pinnochle
- 12:30 Chickenfoot Dominoes

Thursday

- 9:00 Quilting/Crafting
- 12:30 Thursday Bingo
- 12:30 Ballroom Dance Practice
- 12:30 Chickenfoot Dominoes
- 1:30 Tap Dance Practice

Friday

- 8:15 Strength Training
- 9:00 Fitness Class
- 12:30 Party Bridge
- 12:30 Shuffleboard
- 12:30 Chickenfoot Dominoes
- 12:30 Frayser-Raleigh Singers

7:00-9:30p.m. Ballroom Dance (first and third Fridays)

Gary Abbott

Saturday

7:00-9:30p.m. C/W Dance (2nd Saturday)

Pure Country

LUNCH Mon-Fri 11:30-12:30

Frayser-Raleigh Senior Center 3985 Egypt Central Road Memphis, TN 38128 901-383-9101

March 2013 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Saturday, March 9th Pance w/"Pure Country" 7:00-9:30p.m. (Please bring finger foods)		Manicures & Pedicures Every Wednesday		1 New Member Free Lunch for all who joined in February Ballroom Dance 7:00-9:30 Gary Abbott (finger foods)
4 Advisory Council Meeting 10:00	5 National Procrastination Week	6 World Day of Prayer	7 Quilting/Crafting Class 9:00-11:00 Singers at Raleigh UMC	8 Celebrate March Bdays— w/The Cowboy Sponsored by HealthSpring Diabetes Education 9:30-11:30
11 Daylight Saving Time	casino deadline 12:00	13 Legal Aid Appts. 12:00+	21st Birthday Party w/Andy Tolmaci 12:15	Dance 7:00-9:30 Gary Abbott Please bring finger foods
18 Birthday of the Pillsbury Doughboy (1961)	19 Bally's Casino Lv. 9:00 Helen's Haircuts	Creative Aging Joe Oser 12:15	Trip— Creative Aging Game Day lv. 12:15	Art for the Ages 1-3p.m.
25 National Pecan Day	26 Defensive Driving 8:15-12:15 Organizational Golf Meeting 11:00	27 Defensive Driving 8:15-12:15 Singers at Millington Healthcare	28 Something on a Stick Day	Good Friday Holiday Center Closed